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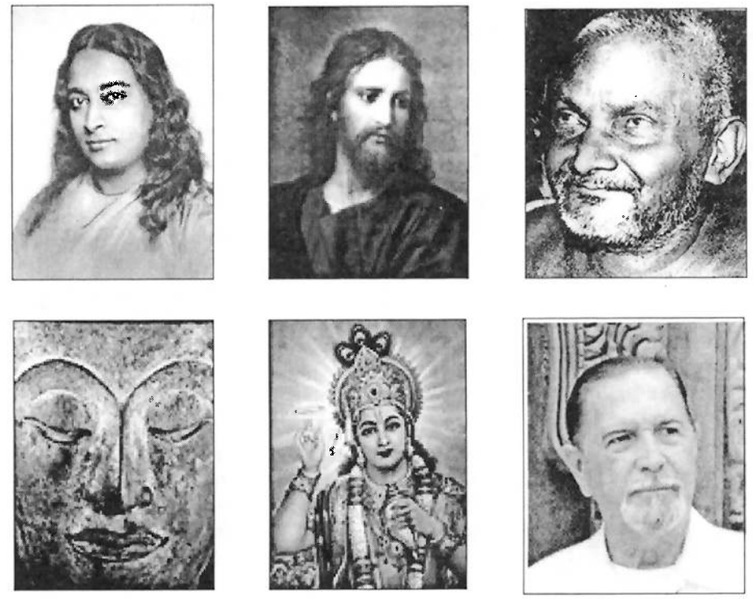

ONLY LOVE CAN SHOW THE WAY OF LOVE

STARBUILDERS

Exploring the Frontiers of Miraculous Possibility

Winter, 2001/2; Issue #53

The FEDERATION FLASH
"Exploring the Frontiers of Miraculous Probability"
Winter 2001/2; Issue #53

Published by:
Starbuilders/ULC
P. O. Box 220964
Hollywood, FL 33022-0964
USA

Phone: (954) 925-9090
Fax: (954) 927-7659

Email: *unity@starbuilders.org*

ISSN 1524-0452

http://www.starbuilders.org

Starbuilders publishes *The Federation Flash* quarterly. Evin writes the articles, Katrina edits them. The periodical is a service for those interested in being happy, conscious, and loving.

We believe that everyone is a point of conscious Light living in a human body and that seeking unity is a most effective way to serve God, yourself, the planet, and others.

Subscriptions: We appreciate your donations for this service.

Services are held every Sunday at 11:00 AM. You are invited to be a part of this *Spirit-Run Community.*

Friends on the Path of Unity, Blue Lotus Counseling, Blue Dragon Emporium, StarTech, Project SHINE, RPM, Twelve Dragons, The Voyage of Inner Peace, and *The Road to Happiness* are projects of Starbuilders, an outreach project of the ULC.

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Happiness is a virtue.

Amber Moon Kayla Cristal Evin Katrina Emmanuel

Greetings to all! The world has changed since the last issue of the Flash was published. Like all events—even unconscionable ones—both positive and negative will grow from it. Let's use our energy to accent the positive!

In this Issue

In the last issue, we published Part 1 of the article, "True Beliefs." In this issue, we've published the conclusion. For the entire text, please go to:

`www.starbuilders.org /newstuff/articles/ true-beliefs.html`

The purpose of this article, as I notice in retrospect, is to show how attachment to any belief can keep us mentally and emotionally bound. To see the Big Picture, we must move beyond them. Krishnamurti has said that beliefs and ideas are useless. I believe that they can be useful. In any event, they are unavoidable in our everyday affairs. If something is unavoidable, the best policy then is to not waste our lives trying to avoid or abolish them, but to understand them. This allows us to be their master and not visa versa.

The Path of Unity

I've included some photos of the core members of the Path of Unity on page 12. We have been working together for two years now, experimenting with the intent of becoming happier, more loving, and spiritually filled beings. We believe our experiment is working. If you live in the area, we invite you to visit us. Join in meditation, visualization, toning and auming, discussions, and whatever else spirit leads us to do. Services are held at 11 am on Sundays.

If you live outside the South Florida area, you can participate in a few ways. You can receive our weekly cassette tapes—copies of our meetings. And you can join our Path of Unity Mail list. You can find further information about these options at:

`https:// w257.securedweb.net /starbuilders/wwwfp /fpu/index.html`

Or call (954) 925-9090.

May you experience the love and light of the All That Is and share it freely with others.

Be happy!

Rev. Evin O'Ryan and the Starbuilders Team

On the Cover
"Gurus, Gods, and Masters."

A note to our readers around the world:
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TRUE BELIEFS II

Many types of false beliefs exist. We will divide them into three groups: (1) mistaken ideas and perceptions of physical reality, (2) head and heart imbalances, and (3) ideologies.

Mistaken Ideas or Perceptions

Some say that all beliefs are true. Yet, in everyday life, mistaken perceptions are common. Someone says, "I'll meet you at the mall at 2:30," but you wrongly hear "12:30." Or, you mistake a shrub in the distance for a person. Examining the situation closer, you would confess, "Oh, that's not a person, it's a shrub."

An example of a mistaken idea is the religious belief in Saudi Arabia that insists the world is flat, not round. It's not that believers lack data or opportunity. Anyone can take a world cruise. They simply turned a religious tenet, demonstratively out of touch with reality, into a fact.

Mistaken ideas and perceptions contradict existential reality. Of all the categories of false beliefs, these are the easiest to vanquish-if we just look and see! Instead of addressing them, though, we usually associate with others who share our misconceptions. That reinforces the illusion.

Only recently has humanity has been exposed to the science of facts. Beliefs have ruled for much longer. We are not yet used to putting our imaginings of existential reality over the facts of that reality. Some regret the loss of the romantic or magical view of nature. Solipsists, those who believe the theory that nothing exists or is real but the self, resist because they imagine that facts rob them of their control. Yet, the facts of existential reality don't take away that which isn't. Facts just are.

Head and Heart Imbalances

Another type of false belief is that which appeals to the intellect, but fails to echo in the heart. It's a mind game—logic without feeling. Conversely, you can adopt a belief that has strong emotional content, but collapses under mild scrutiny.

For example, "We should be compassionate and release all psychopathic killers from prison." This value could source from the God Within, under the logic, "We are all God. It's not right to make anyone suffer in prison." Although this logic is true within the limits of that thought system, it ignores the suffering that the killer inflicted on the victim and the victim's family and friends. Besides, humans have an innate sense of justice. If it is not satisfied, we suffer.

Society should hold all individuals responsible for their actions. If not, then we could jail anyone for anything. When we allow a government to act without responsibility, the result is a totalitarian state. When we allow individuals to act without responsibility, the result is anarchy. Armchair anarchists say that they favor chaos, that is until the mob burns their Hondas and ransacks their homes. Then, they'd think differently. "Hmm, I guess that wasn't such a great idea." But then it's too late.

Because the solution ("releasing all killers") is out of balance, and because God is balanced, that idea probably does not source from the God Within. Rather, it looks like an aspect of an ideology.

Ideologies

An ideology is another type of false belief. Everybody has one. It is a mental picture of reality that explains How It Is. So far, humans have not devised an ideology that works for everyone. Most of these pictures of reality include how to save yourself or the world, or how to make it a better place. Here you find all the "isms" of the world: religion, culture, politics, philosophy, and even scientism. They are collections of "could be, should be," built with bundles of theory atop a few facts. They are mythologies shared by groups of people.

During the last few decades, psychologists have labeled

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"should be" as self-defeating. However, many have now changed their view. Not all "shoulds" or "should nots" are bad. Say that you are abusive to your friends. Then the statement, "I should improve my behavior towards others," is healthy and practical. The problem is when the "shoulds" and "should nots" are unrealistic, causing you or others to suffer needlessly. "I should please everyone at all costs."

You can become lost in an ideology, forgetting who you are and how you really feel. This happens when you become a True Believer. Like a caterpillar encasing itself in a cocoon, one day you emerge from your ideological indoctrination in a new psychological form. For some ideologies, however, the new form is not beautiful. It depends on whether you have become a more loving and conscious person. "Communism is not love. Communism is a hammer which we use to crush the enemy." Mao Zedong. Or, "We must identify our enemies and drive them into oblivion." Bruce Babbitt, Secretary of Interior of the Clinton administration.

Religious and spiritual ideologies can train believers to be "spiritually correct." Ashrams are hotbeds of this practice, with devotees trying to "out-spiritual" the others. Many New Agers think that those who don't subscribe to "unconditional love" are spiritually incorrect. However, many of these people will not love you unconditionally if you speak against their idea of unconditional love.

We'll throw in "generalities" under this heading as well. For whatever reason, humans think in generalities. This probably has to do with economy of thought, but it often has produces negative or, at best, inacurate results. For instance, "All 'ragheads' [Arabs] are terrorists" condemns an entire race to an inferior and dangerous status, making it easier to kill them. Most imperialistic countries use negative generalities to rationalize their inhuman actions.

The media now calls everyone who doesn't own or rent a house a "homeless" person. This label replaced "vagrant" or "bum." What we have in fact are some people who, for whatever reason, are down on their luck, and they've lost their home: "Homeless." We also have people who have chosen to live in the streets and will pee in your yard: "vagrants." The same applies to "wetlands" or "swamps." Swamps are intensive breeding grounds for mosquitoes. In some parts of the world, theses insects-from-hell transmit malaria and other diseases, bringing misery and death to hundreds of thousands of people every year.

The Age of Confusion

Today, we live in the Age of Confusion. More ideologies exist than ever before. We even have Dumbism: "I don't know too much [and I'm proud of it]. If you want to talk to me, you have to come to my level." Dumbism rarely builds. Instead, it tears down by rejecting self-improvement and demanding the lowering of standards. This is another example of a negative ideology.

Note: Hollywood plays on this theme in several movies and some are funny. In most cases, they're entertaining and harmless comedies. However, I've seen people behaving like this-seriously-in real life. They've become the mask. To me, it looks more tragic than funny.

Dumbism, by the way, is in part a by-product of a failed social experiment that began in the Sixties. For several reasons—some valid, others questionable—the education system decided to lower and, in some cases, abandon standards. Students automatically passed every grade and graduated regardless of their abilities. The logic was that if a teacher failed a student then that would injure the student's self-esteem. The main reason why kids fail is that they don't study.

This error produced a generation of high school graduates, some of whom were unable to read or write. It dumped illiterate young adults into the workplace with the option of flipping burgers (supporting the growth of the fast food industry) or committing crimes. In addition, the world ranking of the US for math and science nose-dived from top to bottom. This blunder was the result of a false belief. Multiculturalists reply that the US is now doing better in sociology. (Like most social situations, other factors are at are work. Visit http://mathematicallycorrect.com/johnleo.htm to discover another contributing element:

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multiculturalism's jumbled "New-New Math.") The people who have caused this confusion probably had the best in mind for society based on their beliefs on How to Make Things Better.

When I read those reports, I thought that they were exaggerating. However, when the school invited my daughter Kayla into the "gifted program," I discovered otherwise. I expected them to challenge her with advanced math and science classes. Instead, they where teaching history. This is how they challenge and develop our country's brightest? With history? History, of course, has value and should be taught to everyone—in history class.

We discussed our concerns with the teachers and agreed that she should take the course anyway and to see what happens. As it turned out, she's enjoying the class. The class is small—only five people total—and, "They don't scold you if you get the wrong answer." So far, they are: teaching her weather; observing an apples change over time and; reading a story, "The Secret Garden." She likes it, so it's OK.

The arts have suffered. Many schools dropped them from the curriculum. If children aren't taught music and art appreciation in school or at home, it's rare that they'll master it later in life. An entire generation has lost this opportunity to enrich their lives through fine arts. Instead, they're fed a strict diet of pop and rap, like living on an all rice diet. It's not that these and other popular musical forms are inferior; popular music can make you dance, feel good, or even sentimental. Variety is good and music, many times, is a matter of mood. Art is a combination, a balance, of head and heart. Too much heart, and you lack form and definition (and perhaps skill). Too much brain, and you lack life. (Try listening to one of Schonberg's mentally crafted Twelve Tone music pieces.)

When you try to create art strictly as a business, sometimes all you get is a slick substitute. Ask working musicians who have to play that stuff day in, day out or arts, hungry for work, end up working in ad agencies. You also have to deal with negative influences. For instance, Ice-T put out a CD that talks about how to shoot police officers and how he wants to have sex with a twelve year old girl. When the shareholders found out about this, his record label—Time/Warner, who had been investigated for mob involvement—was forced to cancel the rapper's contract. They subsequently made Ice-T a movie star.

In movies of recent years, you'll sometimes hear classical music playing. Often, though, cruel or psychotic men are portrayed as the ones who listen to it. At other times, they show us that it's a "snob thing." Those are quite negative associations. In life, fine arts have a refining effect. Like anything that's worth while, though, it takes effort to learn how to appreciate them. You don't turn on Beethoven for the first time and start dancing around, thinking that you "get it."

Classical music is one of the closest practices that we have to Eastern meditation. The difference between the two is that when focusing on music, the object of meditation is in motion rather than static. Meditation doesn't produce psychotics or cruel people; neither does fine art.

Interestingly, if you're neurotic or difficult to get along with, then you're more likely to prefer pop or abstract art, according to psychologists at University College London. Conscientious, conventional types preferred representational paintings such as landscapes, but so did thrill seekers (European Journal of Personality, vol 15, p 57).

Multiculturalism

The multiculturalist movement is socialist or at the extreme, communist, and has the effect of loosening the Western hierarchical structure. This makes "equal opportunity" truly equal. It stresses egalitarianism and the relativity (or, in worst cases, the non-existence) of value. However, taking this idea to the extreme by suggesting that hierarchy and value are only cultural constructs shows how ideologies can blind us.

Hierarchies exist throughout nature. The lion is king of the jungle and the shark, the king of the sea. Even the most ardent multiculturalist won't trade you, pound for pound, their gold for your tin or their

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diamonds for your quartz. Mahogany is worth more than pine. Your head is more valuable than your little toe. You can lose the latter and live, but lose the former and you die. If a multiculturalist owned a basketball team, she wouldn't pay millions of dollars to inept players. Value, talent, gifts, intelligence, and heart exist in different degrees in different individuals.

On the other hand, the hierarchy found in business and especially in the way capitalistic imperialism wields its power around the globe, shows an incredible lack of heart. Its sole emphasis on profit has caused millions to suffer and even entire cultures to vanish. In corporate America, millions suffer humiliation daily at their jobs. Milton Friedman, Emeritus Professor of Economics, University of Chicago, puts it bluntly: "The social responsibility of business is to increase its profits." From The New York Times Magazine, September 13, 1970.

In addition, cultural hierarchies are relative. Your boss may bully you, but when you quit, he or she loses that power/luxury. You move beyond that corporate parameter and, if you choose, you can dis your boss up one side and down the other. (Quitting the Mafia or a totalitarian state is a little different, however, and dissing your ex-boss can have consequences—unless you can get far enough away.)

Ideally, we should balance the positive aspects of multiculturalism (the Goddess perspective) with the reality of hierarchy (the God perspective). This would be a mythical marriage of God and Goddess: an egalitarian hierarchy. We benefit from the gifts of others and they benefit from ours. As a symbiotic relationship, neither abuses nor belittles the other. It's a Dharma thing.

Negative Ideologies

The worst negative ideologies explain the big picture in grandiose terms while in everyday practice, atrocities happen. For instance, Nazism and Marxism have lead to authoritarian and totalitarian regimes in the name of the Fatherland and the Worker. They caused hundreds of millions to suffer and die. At the other pole, positive ideologies can pragmatically improve the lot of humanity. No system is completely positive or negative, though. What determines their benefit or harm is how we apply them.

Nationalism is an example of this. In itself, nationalism is a binding factor between people, producing camaraderie and harmony. The cooperation it encourages helps to increase the standard of living. Like religion and language, it acts as social glue.

Negatively, an aggressive national ego can hurt other countries through financial and political manipulation or war. Nationalism can even be turned against its own people. Stalin, for example, under the banner of nationalism used "mass terror, thought control, collective responsibility, and secularization of values" to manipulate citizens to his ends (The Soviet Paradox, Seweryn Bialer).

C.G.Jung expounded on this negative quality of secular nationalism in his Religion as the Counterbalance to Mass-mindedness.

"In order to free the fiction of the sovereign state—in other words, the whims of those who manipulate it...from every wholesome restriction, all socio-political movements tending in this direction invariably try to cut the ground from under the religions. For, in order to turn the individual into a function of the state, his dependence on anything beside the state must be taken from him."

Don't Believe Things That You Can Test: Test Them and See

For instance, some Eastern philosophies and sectors of the New Age believe that all information comes from within. You can test this. Go within. Learn to speak a foreign language. Pick this week's winning Lotto numbers (and donate the winnings to the poor). Recite the phone numbers of everyone in Omaha, Nebraska. Find out when bananas were first introduced to England. Chances are, you can't. If you know someone who says he can, ask him to do it. Don't be afraid to test your beliefs. The truth will set you free.

Take the story of psychology professor Rosenhan. He sent a group of his graduate students into a psychiatric ward. They were told to fake

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schizophrenia. Though the impostors were briefed only superficially about this condition, the experts exposed none. Rosenhan then presented a group of experienced psychiatrists with genuine schizophrenics. He told the doctors ahead of time that they were fakes. The doctors interviewed the real schizophrenics at length and agreed that they were phonies. The conclusion: our beliefs make us see what we expect to see.

Ideologies for Fun, Profit, and Power

Radical feminists are still trying to convince everyone that the differences between the sexes are completely cultural. It has nothing to do with biology. (Possible motive: it provides a more secure footing for their political aims.) VH1 would have us believe that drugs "empower" young adults. (Possible Conspiracy Motive: The Powers-That-Be can control and sell products to fragmented people more easily.) Libertarians believe that they should have the right to do anything on their property, even if it damages the community. (Possible motive: Unresolved authority issues.)

Because of the possibility of deceiving ourselves, discernment is important. Being unattached to our ideology helps because it's possible that along the way we accepted questionable beliefs as true. We need to be open to change if we're going to evolve.

It's not easy to change our beliefs. The older we get, the more energy we have invested in building our worldview. The thought of revising it becomes unattractive. In contrast, when we are young, we just know we are right. It doesn't matter what anyone says or if evidence and experience points to the contrary. Newly "awakened" true believers of all ages behave similarly.

Dimensional Differences

A major cause of friction between some ideologies is the inherent differences in their dimensional foundations. We are comparing apples and oranges.

For instance, say that you express an astral viewpoint: "Reincarnation is real." Materialists will discount your entire argument; they don't believe your source exists! Similarly, monists will discount materialistic arguments. They believe that the material world is an illusion. Once we realize that such fundamental differences exist for each dimensional view and respect those differences, we can avoid fruitless conflicts.

Hard evidence about other-dimensional realities is scarce, but we can agree on results regardless of its source. Take Chuck Horton's "Prison Fellowship." This is a Christian program that accepts inmates after their release from prison. Statistically, only 30% of those who complete the project return to jail. Conversely, 70% of those who go through state-run, secular programs return to jail. The former is a success and the latter a failure.

Is it the source-the Biblical text-that makes the Prison Project work? We don't know. That success, however, provides common ground. We can use it to build a better society and make more people happy. If the Jews, Muslims, or Hindus have similar successful programs, then we could use those too. Whatever works!

A scientific study by psychologist Walter Palinke in Berkeley, California, parallels this. His work "suggests that healthy people who are open to mystical experiences and have them in supportive situations enjoy lasting, positive aftereffects." (Science News, Vol. 159, Feb. 17, 2001.)

A similar situation exists with yoga. Sonia D. Gaur of Harbor-UCLA Medical Center's department of psychology did a study of people suffering from chronic pain (and the subsequent anxiety and depression). She found that if they practice yoga, then they will improve in all areas, including reducing their medications. Although science doesn't understand the mechanism that makes yoga work, that doesn't matter much to those who benefit from the results.

Mixing Dimensional Realities

A result of mixing dimensional realities is that some promise highly improbable results. For example, the idea "I am spirit" may be true. It

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implies a spiritual existence. "I am human" may be true. It implies a material existence. However, improperly mixing these realities can produce, "I am spirit; therefore, I am immortal. I can stand in front of an oncoming train and I will not die." The logic fails to mention that a mortal human body is standing on the railroad tracks. Although you, as spirit, may not die, it would be fatal to think that your physical body would not.

Heaven's Gate, the Charles Manson cult, and the Jonestown-Poisoned-Kool-Aid massacre are gruesome real-life examples of this deadly mixing. They took bits of truth out of context from functional belief systems and transplanted them into their own unhealthy ideological soil.

To expand on this, say someone claims, "I am God." Unless you're a realized being, this is like a two-year old child saying, "I am a grown woman." If she lives long enough, then that statement will be true. However, different rules or realities apply to a two-year old. If she took a large dose of supplemental iron—something that wouldn't harm an adult—she could die. Different rules apply. Acting as if there's no difference puts "knowers" in a golden cage. Their talons are polished but sharp.

Conspiracy Theories

Conspiracy theories are far-fetched ideologies that believers think are not far-fetched. They range from world-controlling multinationalists and bankers, to the Reptilian takeover, to MIB's murdering rock stars and other VIPs. A convincing conspiracy theory is woven with tightly knit internal logic that can rope you into its reality. They are also self-healing. If someone contradicts a point, the theorist can claim that the bad guys have suppressed evidence vital to his case. Is the consistent lack of proof a coincidence? Hardly—it's a cover-up, and you should be paranoid. Or maybe you are one of Them.

Believers insist that knowing the truth protects and empowers them. It can weaken them psychologically, though, through fear. They are powerless to defeat a hidden, virtually indestructible enemy (that may not even exist). Also, while knowing the truth may give an ego boost, it creates a subtle superiority complex.

In the worst cases, the believer can develop paranoia. For instance, some can look at the checkerboard pattern of a tile floor and interpret it as proof that aliens have conquered us. We're just too hypnotized to know it.

The greed, suffering, and violence in the world can tempt us to think, "Is there some evil force behind this? What is the Master Plan?" Maybe some of these conspiracy theories are true. The government could be hiding UFOs. Maybe the Jews, Nazis, Aliens, or Commies are insidiously trying to take over the world. Maybe the media lies about almost everything. As Gore Vidal claims, "A paranoid person is someone who is in possession of all the facts." If so, then it's good to have people poking around, looking after the situation, as long as they don't start "purging the evil." Even if they are wrong, they add drama to life. They make for exciting action movies too.

You can add Apocalypse predictions to this group too. These are based mostly on ideas that lack solid foundations. For instance, take Richard W. Noone's 5/5/2000 Ice: the Ultimate Disaster and Tom Valentine's The Life and Death of Planet Earth. Both capitalized on the celestial grouping of the five naked-eye planets-Mercury, Venus, Mars, Jupiter, and Saturn. They claimed that this would tilt the earth's axis, causing cataclysms worse than we've ever seen. The point? Just believing something and making a prediction doesn't make it so.

Increasing Capacity

When we define who we are, we limit our sources of information. For example, many New Agers insist that the physical body is not the self. As a result, they deny or downplay the value of its information. Materialists ignore the soul and God as possible identities and miss the rich, subtle overtones that spiritual life can provide.

One way to expand (or, at least, explore) your true belief capacity is to identify with all four possible selves, to own the complete totem. Perhaps the only condition you'd need to consider is to remain unattached to all of these identities. Being attached will create karma.

You could look at the physical body as the most temporary self, the short-term, practical you. To expand it further, you could identify with

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your character, personality, or even your rapidly changing emotions or thoughts. "I am happiness. I am pain. I am insight: I am physical, mental, and emotional experience."

Next comes the more durable soul. As an astral phenomenon, it offers many positive (though sometimes complex) solutions to the questions of life. This multi-dimensional approach adds color, hope, myth, and imagination. The secular view of death, for instance, is "dead is dead." You go through life, you learn, love, and improve. For what? For animal reasons only? And then you die? Like that, it's easy to agree that life just might be absurd (and why suicides are up 60% world-wide from the last three decades?).

With a soul, you have many reasons for living. "I am a soul trying to improve, working my way back to Oneness." "I am a warrior of the Light." "I will follow God's Word and ascend into Heaven." "Life is about learning lessons." Of course, the secular model could be correct, but so could the astral.

Then you have the highest, individualized, personal aspect-your spirit. It doesn't strive or need to improve. Sitting at the right hand of God, it is beyond the need to be saved. The Wheel of Karma, death, rebirth, and duality cannot influence it. It acts as the Watcher throughout this and other lives. These "other lives" are not limited to reincarnating on third-dimensional Earth. Multi-dimensional, non-linear embodiments can happen. Spirit says, "I Am."

Finally, your eternal aspect is God. It just Is. You are the creator and the creation. Despite how little your God-power may manifest through the physical body (you can't command the Sun to stand still and have it obey), for some there is comfort in believing that at some level, they are God. And the experience of comfort is real, whether what you assume (that you are God) is true or not. This comfort is not limited to this level of identity. It works at all levels.

For example, I mentioned to a friend, "God is good." He then provided me with several logical reasons why this was not true, like, "If God was good, good people wouldn't suffer," and other rationale. However, God is beyond logic. I don't believe anyone has the total scoop on the All-That-Is. Maybe God is good, maybe not. No one knows. Saying and believing God is good, though, makes me feel happy. So, I continue saying it. You could say either, "Ignorance is bliss" or "Use the Mystery to your advantage."

When exploring these identities, the trick is to stay balanced and recognize the limitations of each. Different rules apply to each level. For instance, on the astral plane, you can transform your body into, say, a mushroom-type thingy. Here in this body, you can't. (If you think that you can, try it and see. If you succeed, then you have stretched the dimensional envelope. Please send photos.)

Even if we are not some of these identities, it can't hurt staying open to them. If they end up being true, we have a framework with which to interpret new experiences.

For instance, say that you become a "walk-in." This allegedly happens when an other-dimensional being projects its consciousness into your body. If you are a strict materialist, then you will think that you've gone crazy. You will seek treatment and a cure. If you are open to spiritual phenomena, though, you could benefit from the experience. How you define the phenomenon produces strikingly different results-from the experience of "needing a cure" to "being blessed."

III. Guidelines

What, then, are true beliefs? Obviously, there is no clear-cut answer. We can, however, draw some conclusions.

First, a true belief should satisfy both your head and heart. You can say with certainty, "It sounds right and feels right." It reflects your core values and provides balance. (Blind faith is an exception to this, as it does not rely on reason.)

Second, a true belief should interpret data reasonably and not contradict existential reality. Here's an example of interpreting data unreasonably. A man has a scar on his forehead. He says, "I'm a unicorn." To everyone's eyes, though, he is not a unicorn. His claim is unrea-

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sonable-obviously false. Not being in touch with existential reality is a form of mental illness.

However, shift the claim a little to, "My higher-dimensional self is a unicorn," and you have possibilities. Materialists may think that you are nuts, but they don't have the facts about non-material reality any more than you do. In other-dimensional matters, anything goes (although some stories are less palatable than others: "The jolly Marshmallow People dance in the Western Valley of Venus. They nibble fire pies and then evolve, backwards in time, into star-belching fax machine tree squabs." Nonsense exists).

Third, true beliefs should fit your idea of who you are. As you become more conscious, you see deeper into your identity and your beliefs. New truths appear that reflect your inner values more closely. You shed the old. This process is a form of evolution. It's like peeling away the layers of an onion, only this onion, perhaps, has an infinite number of layers. You can always improve.

Fourth, clear and simple answers are usually better than convoluted ones. Convoluted answers usually indicate a lack of mastery. There is beauty in clarity and simplicity. When you start exploring something new, it's natural that your understanding will be complicated. Sometimes in the process, your mind will churn repeatedly over an issue. It is trying to resolve some complexity. You should become clearer, however, as you contemplate, study, experience, and resolve more.

Fifth, a belief can have either a positive or negative charge. Put simply, true beliefs are positive and false beliefs are negative, although relativism plays a role in determining what's what. Constructive criticism can be the result of positive energy. Flattery can be the result of negative energy. While false beliefs produce downward-spiraling, energetic vortexes, true beliefs allow your energy to spiral upward. They unify, promote inner peace, and make you a better person.

Sixth, the body can provide important, and sometimes lifesaving, information. In these instances, it is wise to consider it true. (A truck is rushing towards you: "Move!") However, in today's world, some instincts, born in our pre-human ancestors, produce more trouble than benefit. Take road rage, a territorial response. We should closely examine instincts that are fruitlessly destructive to others and ourselves.

Instincts are emotional responses. It is primal information. Perhaps it's possible that in some circumstances other-dimensional forces use our emotions to direct us lovingly.

Seventh, true beliefs should be balanced. For instance, those doctrines that promote, "It's all about me," are unbalanced. So is the opposite stance, "It's all about us [or the People, or the State]." Look for specifics in generalities. When someone says, "Mr. Lintor was a 'For the People' president," ask, "Which people?" A more precise picture will form. The Left will say that the poor, disenfranchised, minorities, and labor are "The People." The Right will say that decent middle-class workers, business persons, and the wealthy are "The People." A more balanced view is that Bill Gates, G. W. Bush, Juanita Lopez, Joe Schmoe, Kayla Wolf, you and I and everyone else are The People. Don't let them fool you.

True beliefs should not produce hatred, either. Hatred is intense, festering anger, signaling an energetic and psychological imbalance. Instead, true beliefs are usually optimistic.

Balanced beliefs, though, may draw fire from both sides of the issue. President Bush chose a middle way in the debate on whether science should experiment on stem cells. He said Yes and No. Consequently, the materialistic Left and the religious Right both attacked his policy.

If you look to the root issue, however, you'll see that finding a clear-cut solution is not possible. The controversy hinges on when (and whether) the soul enters the body. If it enters at the time of conception, then killing a fertilized egg is murder. Materialists, however, believe that the soul doesn't exist, so the point is moot for them. In any event, we lack the means of proving

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when the soul enters the body, assuming that it exists.

Eighth, a true belief is not a fact and, consequently, doesn't need proof. If you think that your belief is a fact, then you are attached to it. It becomes less useful and will dictate how you respond to others. Ironically, the more tightly you are bonded to it, the less chance you'll have to notice that it controls you. A more flexible approach is to look at beliefs as degrees of possibility or probabilities.

For instance, the probability of me being able to plant a dollar bill and have a money tree sprout is < .00000000000000000000000001%. The probability of my body dying sometimes in the next 100 years is about > 99.99999999999999999999999%. Notice that I didn't choose 0% for the former or 100% for the later. Zero percent implies impossibility and one hundred percent indicates absolute certainty. However, the universe is so strange and possibly unknowable that—who knows?—anything could happen. It's just that some stuff is highly improbable while other stuff is highly probable. By allowing even an incredibly small margin of possibility, you free yourself from being fixed.

Ninth, a true belief sometimes feels like fate. You still have the option of not following it, but you know that it's the right thing-the only thing-to do. Servants of truth obey without hesitation. However, some fates stem from false beliefs. You need to discern the difference. In "fated" situations, the crucial point is to feel and understand (heart and head) if it's the right thing to do or not. This is your warning system that protects you from being deceived.

You could, for example, be under the influence of a charismatic leader or be enchanted by astral forces. Or, you may feel that life has beaten you. It's as if you've lost your will, and that your destiny is written; yet, you know that it's not the best path for you! There's no freedom in this. That road leads to darkness. For either path, fated for Truth or Darkness, you can choose your destiny consciously, by accepting or rejecting it.

Tenth, true beliefs lie somewhere between Absolute Truth and the randomness of relativity.

Eleventh, a true belief allows you to live in integrity. You don't have to lie, hide, or defend it. Usually, when you lie you are hiding. If you're hiding, you are defensive and become angry when someone exposes you.

Politicians are famous for this behavior. Democrats say, "Raising taxes will increase prosperity." Republicans say, "The World Trade Organization [WTO] will benefit the poor." The only truth they care about is who gets the money.

If you have to deceive others, then at least be honest with yourself rather than rationalizing your action. "I'm lying because I'm afraid" is more productive than, "Well, my answer is sort of true." Being honest leads to a deeper understanding of yourself and is a path to your true beliefs.

Next, true beliefs should lead to a happier and fuller life. If you are happy and fulfilled, then it's easier to love others and to be more generous and compassionate. You are gentle yet strong, energetic yet peaceful.

Lastly, sometimes your true belief is a feeling. How you feel can be valid reasons for acting or not acting. For example, say your family is begging you to go to the park. You don't feel like going, though. First, you check the logical reasons for wanting to stay home. Is it that you don't want to drive or ride? No, you wouldn't go even if you could "beam" to the park. Tired? Not really. Do you have something better to do? No. After answering these questions, you then check your Enthus-O-Meter (measures your enthusiasm about a project). It reads 2%: no interest. The truest answer then is, "I don't feel like going this time." And you don't have to make up excuses or feel guilty about your decision. They go without you. Everyone is happy.

Technique

Here is a technique that can help uncover your true beliefs. At least, you can release some coarser false ones. Use it whenever you feel angry, fearful, or are experiencing a negative feeling. Tell yourself, "I don't feel right. There's a false belief at work. What is my true belief about this situation?"

For example, say that you are afraid to say something controversial. You don't want to rock the boat. You want everyone to like you. Ask, "What is the false belief that is making me afraid?" One answer could be, "Everyone

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will turn their back on me if I take a stand on this issue." If you think it through, though, you realize that not everyone would be upset. A truer belief, then, would be, "Some will accept my opinion, others will not." This is a positive step.

You also could interpret it from an astral perspective: "I'm taking a stand against misinformation that Twilight Masters are spreading."

At the level of the Higher Self, you are just expressing.

Conclusion

By recognizing and understanding our fears, motives, and desires, we begin to know ourselves better. We respond consciously and honestly rather than just reacting. We respect others and ourselves more, because we are more real. This awareness, in itself, changes circumstances.

Trying to uncover true beliefs is an exercise in becoming more conscious. By talking and listening openly from the heart and mind, we are nearer to the truth of the moment, more in touch with our true beliefs. We're traveling this road together. When dealing with each other, we can make the ride either pleasant or unpleasant. I believe we'd all suffer less if, while passing the time here on Earth, we make an effort to be more conscious. This requires us to release false beliefs first, then release the true ones. (It's harder to release false beliefs because of their emotive nature: they're heavily dualistic.) Transcending beliefs is not always easy, but it's possible. ⚘

The Path of Unity

As far back as I can remember, I've always loved God, Spirit, and Nature. Although I was raised Roman Catholic, I couldn't relate well to it's beliefs. Had I felt more aligned to the Church, I would have probably ended up as a priest or a brother. Instead, I intensely studied comparative religion, metaphysics, divination, and mystical phenomena.

I became a Universal Life Church minister in 1972, but it wasn't until 1990 that ministering became a way of life. When we started our congregation, we offered channeling as a major part of the services. That phase passed and evolved into a ten year project of providing what we called "Technologies of Consciousness"—tools and techniques designed to "wake up" an individual and speed their evolution. (Call or email for a catalogue.)

For the last two years, I've had the pleasure to facilitate the birth of what I believe is a "Post New Age" spiritual community—*Friends on the Path of Unity.* There is nothing in the world that I would rather do. It differs from traditional religious communities in many ways. For instance, we don't have any set dogma, like what the nature of God is or the meaning of life. Instead, we each build and modify our own dogma (or *Personal Myth)* as we go.

We have, however, integrated some traditional practices into our services: prayer, mediation, and chanting, along with visualization, toning, and "other-dimensional outreach" techniques.

There are a few ways that you can participate in this *spiritual-run community* experiment. If you live in South Florida, visit us on Sundays at 11:00 am. If you live out-of-state, you can receive audio cassette recording of each meeting. We ask for a $40 per month donation for this service. Lastly, if you are linked to the Internet, you can join the Path of Unity Mail List. Go to:

www.groups.yahoo.com.

In the "Search" window, enter: pathofunity, and follow the prompts. We hope to meet you.

Thanks! ⚘

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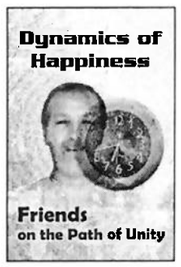

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Dynamics of Happiness

The Path of Unity
Core Group

I want to express my appreciation and gratitude to the people who have dedicated themselves to making the Path of Unity a loving community. With their presence and input, all of us have made leaps in consciousness and understanding. Each is unique, and our mutual goal of love and acceptance—even when we disagree—allows us the freedom to form an integrated "Group Spirit" and gives a sense of spiritual community.

Cheryl Hines

Cheryl's main focus is internal cleansing. She lives with a high degree of integrity and is balanced by her humility. One of her roles in the group is a SATI ("Serving All That Is"). You can reach Cheryl at: cheann@mindspring.com.

John Kendell

John is a first-class explorer, and he is always willing to take the exploration to the next level. His role in he group is "Meditator." John has a clear mind and a good heart—a wonderful combination. one@adelphia.net.

Mary Atkins

Mary loves to tone, aum, and "do technologies." She is the group's Choral Director and encourages us to chant: Thanks to her urging, we chant, tone, or aum at least once during every meeting. She's also instituted meditation as an integral part of each gathering.

Atmara Rebecca Cloe

Atmara anchors the "At-A-Distance" community energy. She is an inspired, visionary artist, and is the key for instituting our community ventures into cyberspace. See her art at www.nwcreations.com *or email* cloe@nwcreations.com

THE ORION EVOLUTION STAR (OES)

The OES is our first technology in silver and gemstones. This eye-opening pendent is large—3" in diameter and has 37 stones: eight faceted moldavite, citrine, amethyst; eight black onyx beads; and four sodalite cabochons on the back. In the center is a ¾" quartz crystal ball. You can wear it as an eye-dazzling pendant, or just place it on your chest for 15 minutes. The Light Grid will begin to integrate you on multiple levels.

Here's our first letter of feedback about the effects of this pendent:

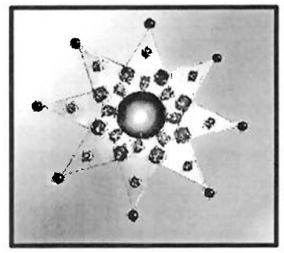
I just wanted to send you a quick note of my experiences with my star pendant...
I'm amazed by the experiences that I've been having. My energy field has changed since I have received it. I feel like my bodies have merged into one. I received a lot of cleansing during the process. I would recommend that people only use it 15 minutes at a time since the energies can be overpowering for those who are not used to it. I feel my astral and emotional bodies are becoming harmonized. It purified my fears and anxieties.

Juanita Logan, New York City.

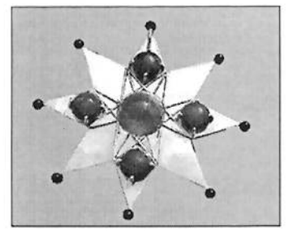
We don't stock these items. They take about 4-6 weeks for our jeweler to make them.

In sterling silver: $495; Item OES-101S

In 14 kt gold: $995; Item OES-101G



Front view



Back view

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Issues #35-42. Here's what the Internet is saying about articles in *Searching For Truth*:

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"I love it!! Thank you so much for producing such wonderful reading material. I have read lots of things by a lot of people, but there is a distinctly different approach with your work. Thoroughly enjoyable!" Joan

"Thanks for the material. Perfect reading for me 'cause I'd go, 'Right,' 'Yes,' 'Exactly!' 'Geepers, that's loony!' 'Uh, huh,' 'Yep,' 'Cool,' 'What!??' A good mix of stuff I agree with and way out mind-bending stuff I can't imagine. That's the most thought provoking mix for me and you have the right proportions." Mike

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This pendant represents the star Polaris. Polaris is a hot, blue supergiant star having a luminosity about 2,400 times that of the sun. The star is also referred to as The Lodestar. The name associates the star with a naturally occurring magnetic rock&Lmdash;a lodestone.

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